

## ForeverFit at HSC Physical Health

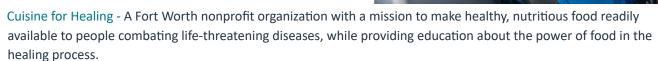
6913 CAMP BOWIE BOULEVARD, SUITE 175 FORT WORTH, TX 76116

## **About us**

ForeverFit provides individualized, structured and supervised fitness programming specifically for cancer patients. ACE Cancer Exercise Specialists work directly with each patient to prescribe appropriate exercises based on their diagnosis, treatment and recovery status.

Anyone with a current or previous cancer diagnosis is eligible for ForeverFit. A physician referral by the patient's primary physician or oncologist is required.





Aquatic Personal Training - Customized and monitored strength, cardio, and flexibility training in the heated pool onsite.

Group Fitness Classes - Weekly yoga classes with a certified instructor in a community of other ForeverFit patients. Specialty Classes and Seminars - Exclusive opportunities to participate in classes such as mindfulness-based stress reduction, nutrition and more.

To schedule an appointment, call 817-735-0550 or email <a href="https://example.com/HSCPhysicalHealth@unthsc.edu">HSCPhysicalHealth@unthsc.edu</a> with your name and phone number.







A physician referral is required for participation. To submit your completed referral, email this form to HSCPhysicalHealth@unthsc.edu or fax to 817-549-6470.



Patient Name:		
Today's Date:	DOB:	Gender:
Phone Number:		
Patient Email:		
Cancer Diagnosis (ICD-10): _		
Restrictions:		
Assistive Devices Used:		
Physician Name (Printed): _		
Physician Signature:		

For questions contact HSCPhysicalHealth@unthsc.edu or 817-735-0550.

## How can you make a difference?

ForeverFit has received initial funding support from the Rutledge Cancer Foundation and HSC Foundation. Additional community support is needed to sustain the program over time.

## To learn more, contact:

HSC Foundation (817-735-5126; unthsc.edu/outreach/giving)

